

The detection rate at Colonoscopy is *strongly* dependent on the quality of your bowel preparation.

Without an adequate bowel preparation the doctor may not be able to proceed with the procedure and you may have to reschedule.

**Please follow the instructions below to ensure an effective bowel prep is achieved.**

### ***Plenvu – Preparation instructions***

(please read instructions thoroughly before commencing prep)

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Approx. Procedure Time: \_\_\_\_\_

**3 DAYS PRIOR TO YOUR PROCEDURE** on ..... cease medications as mentioned and commence low fibre diet (see attached diet sheet.)

**THE DAY BEFORE YOUR PROCEDURE** on.....

**Consume clear fluids only** - (e.g. water, clear lemon cordial, apple juice, black tea and coffee without milk, strained chicken/beef/vegetable broth, lemon jelly, lemonade ice-blocks, barley sugar, etc.) **until after your procedure. (i.e. No solid foods to be consumed)** (See next page for further instructions)

IT IS ESSENTIAL YOU CONSUME ADEQUATE CLEAR FLUIDS INCLUDING WATER AND SUGARY/SALTY DRINKS TO ENSURE YOU REMAIN HYDRATED. IF YOU DO DEVELOP A HEADACHE YOU SHOULD TAKE PARACETEMOL AS SOON AS YOU FEEL THE HEADACHE STARTING.

YOU SHOULD CONTINUE WITH THESE CLEAR FLUIDS THROUGHOUT THE REMAINDER OF YOUR PREP UNTIL YOU ARE TO BE 'NIL BY MOUTH'.

IT IS IMPORTANT THAT YOU CONSUME ADEQUATE CLEAR FLUIDS TO ENSURE AN EFFECTIVE PREPARATION.

**How to mix up and drink your prep kit:** (See next page for timings)

**Plenvu 1** Add the entire contents of 'Dose A' into a 500 ml glass of water, stir until the powder dissolves and then drink the mixture slowly over 30 mins. Follow with at least 1 litre of clear fluids, preferably water. Frequent bowel movements, often with some cramping will start. The time of this will vary for each person and may not occur until the second sachet is started.

Continue drinking clear fluids. Try to have a glass every half hour to ensure you remain well hydrated

**Plenvu 2** Mix 'Dose B' (both sachets A & B) with 500 ml of water and stir until the powder dissolves. Again, drink the mixture slowly over 30mins. Follow with plenty of clear fluids.

Continue to drink clear fluids until necessary to fast.

Tip: Drink the mix through a straw. This will mean that the majority of the liquid will be bypassing the taste buds and will help for those who do not enjoy the taste. Also, make the mix in advance and keep it cold in the fridge.

**NOTHING IS TO BE TAKEN ORALLY (i.e. NIL BY MOUTH) FOR 4 HOURS BEFORE YOUR APPOINTMENT TIME.**

Tip: If you feel **nauseated or bloated**, stop taking the prep for approx. 15-30 minutes and try walking around (try having a hot drink). If you vomit please see contact list over the page for who to contact.

Your bowel motion should have the **appearance of urine, and be free of any particles**. If you think your motion is 'dirty', or if you are unsure, please see contact list over page for who to contact.

**Once you know the time of your procedure – follow the appropriate instructions below.**  
**Please note that it is not vital that you adhere strictly to these times. These are a guide only.**

◇ **IF YOUR APPOINTMENT IS BETWEEN 7AM – 9AM**  
**THE DAY BEFORE YOUR PROCEDURE:**

**Consume clear fluids only ALL DAY** (see previous page)

**5:00PM:** Plenvu sachet 1 (follow instructions previous page)

**8:00PM:** Plenvu sachet 2

You will then be nil by mouth from \_\_\_\_\_ the morning of your procedure.

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◇ **IF YOUR APPOINTMENT TIME IS AFTER 9AM AND BEFORE 1PM**  
**THE DAY BEFORE YOUR PROCEDURE:**

**Consume clear fluid ONLY from MIDDAY** (see previous page)

**7:00PM:** Plenvu sachet 1 (follow instructions previous page)

**ON THE MORNING OF YOUR PROCEDURE:**

**6:00AM\*:** Plenvu sachet 2

You will then be nil by mouth from \_\_\_\_\_

\***N.B** - This last sachet may need to be taken slightly earlier depending on what time your appointment is. You must be **NIL BY MOUTH FOR 4 HOURS** prior to your procedure. Please check with reception staff.

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◇ **IF YOUR APPOINTMENT IS AFTER 1PM**  
**THE DAY BEFORE YOUR PROCEDURE**

**Consume clear fluid ONLY from MIDDAY** (see previous page)

**THE MORNING OF YOUR PROCEDURE:**

**5:00AM:** Plenvu sachet 1 (see previous page)

**8:00AM:** Plenvu sachet 2

You will then be nil by mouth from \_\_\_\_\_

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Contact numbers if you have any issues whilst doing the prep:

- During office hours (9am-4pm Mon-Thurs, 9am-2pm Fri) please call our rooms: 07 3256 5800
- Between 7am-9am the morning of your procedure, you can call the hospital you are attending (see below)
- All other times, please call our after-hours number: 07 3261 9570

St Vincent's Northside Endo Unit: 3326 3346 --- North West switchboard: 3246 3133  
Chermside Day Hospital: 3120 3444 -- St Andrew's switchboard: 3834 4444 -- Moreton Day Hospital 3487 1111

## LOW FIBRE DIET

**SUMMARY:** A low fibre diet aims to reduce the intake of dietary fibre. Dietary fibre is indigestible carbohydrate (i.e. will remain in the intestine) found in cereals, fruit, vegetables, beans, lentils and nuts. Careful selection of foods can reduce the amounts of dietary fibre entering the large intestine.

Avoid anything with nuts/seeds and most fruit and vegetables. (see below for further information).

### MEDICATION

**7 days prior:** You should cease taking supplements such as Iron tablets, Fish Oil, Ginko, Ginseng, Chamomile tablets, Evening Primrose, Fenugreek, Valerian or fibre supplements (e.g. Metamucil, Normafibre, Psyllium Husks & Normacol) and drugs to stop diarrhoea.

It is preferable that you do not take NSAIDs (e.g. Voltaren, Nurofen, Mobic) for 7 days prior. *If you are on these medications, you should discuss the matter with your doctor or the nurse.*

You should also inform your doctor/the nurse if you are taking blood thinning tablets (Warfarin, Plavix, Asasantin) or have any heart valve disease or an implanted pacemaker.

You are able to take Paracetamol if required.

**Continue taking all other medication unless otherwise instructed.**

- It is highly recommended that you take laxatives (eg. Movicol, Coloxyl) for **5 days prior** to the procedure and particularly whilst on the low fibre diet. See next page.

### Low Fibre Diet – commence 3 days prior to procedure

	FOODS TO CHOOSE	FOODS TO AVOID
<b>BREADS &amp; CEREALS</b>	White bread or toast Rice Bubbles, Cornflakes White flour, rice, pasta Cornflour, custard powder Plain cakes, biscuits and scones (prepared with white flour).	Wholegrain, bran & wheat based cereals, porridge, muesli Wholemeal flour, brown rice, high fibre pasta Cakes, biscuits, scones prepared with wholemeal flour, coconut, dried fruit, nuts or bran Wholemeal, multigrain or rye bread
<b>FRUIT, VEGETABLES &amp; SALADS</b>	Potatoes and pumpkin without skins, cauliflower tips (without stalks) Strained fruit juices + canned fruit juices, bananas	All Fresh & Frozen vegetables (other than those mentioned in 'Foods to Choose') - eg. cabbage, onion, corn, tomato, avocado, etc. All dried and fresh fruits, prunes, dates, etc.
<b>MEAT &amp; MEAT ALTERNATIVES</b>	All lean meat, fish, poultry and eggs	Casseroles or dishes containing vegies (other than Potato and pumpkin) Stir-fry meals, pizza, pasties, etc. Baked beans, lentils, etc.
<b>MILK &amp; MILK PRODUCTS</b>	All milks (including coconut & almond milk), custards, plain yoghurts (i.e. no fruit/nut pieces), cheese, ice-cream	Fruit yoghurt Ice-cream containing fruit or nuts
<b>FATS</b>	Butter/margarine, oil, mayonnaise, plain chocolate (i.e. with no fruit or nuts)	Nuts
<b>SPREADS</b>	Vegemite, honey, <u>clear</u> jelly or jams, cheese spread, fish and meat paste	Jams & marmalade with skin, seeds or peels. Peanut butter
<b>SOUPS</b>	Strained broths Clear soups, beef tea, soup cubes	Unstrained vegetable or barley soups. Pea, minestrone, onion, tomato soup etc.
<b>BEVERAGES</b>	Water, soda water, tea, coffee, soft drinks, cordial, Milo. Protein shakes.	Red wine (other alcohol is allowed while following this diet but in moderation please)

**Reminder to purchase before commencing prep**

- Low fibre foods
- Clear fluids
  
- Protective barrier cream such as Vaseline or Lanoline  
If you have haemorrhoids continue to use your haemorrhoid cream (eg. Rectinol/Proctosedyl/etc.)
  
- Movicol or Dulcolax or Coloxyl (NOT with Senna)

It is *highly* recommended you take laxatives such as these for the **5 days prior** to the procedure (particularly whilst on the low fibre diet). They can be purchased from your local pharmacy.



Note: contains gluten